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Serving Active Senior Adults

Program Information:

Stow Parks & Recreation Department
Program Registration & Information
3760 Darrow Road - Stow City Hall
330-689-5100

Stow Senior Center
3968 Darrow Road  330-686-1325

Senior Adult Programs
Kathy McConnell, Recreation Supervisor
kmcconnell@stow.oh.us

www.FunInStow.com
Stow Senior Newsletter Mailing List

Our mailing list has grown each year; with many individuals receiving the newsletter but not currently participating in programs. Due to the cost of mailing and changes in postal regulations; we are downsizing our list. If you are still interested in our programs and wish to receive the newsletter mailed to your home, please let us know!

You may call, stop in or send us a note indicating your desire to receive the Stow Senior Newsletter by mail at no cost.

Or... you may always pick up a copy at the Stow Senior Center, City Hall, Library or view online.

Kathy McConnell
Recreation Supervisor
Senior Adult Programs
Stow Parks & Recreation Dept.

Wellness Through the Senses

Aromatherapy, Meditation, Music & Chocolate Therapy!

Program Partner: Hospice of the Western Reserve

Gain an understanding of the five senses, using practical advice that provides an awareness of your well being. Understand the impact of life’s daily stressors that we all face and how we can combat these tensions through a variety of simple and effective wellness methods.

Learn an overview of aromatherapy, chocolate therapy and meditation in this fun and informative workshop.

No Fee  - Pre-Register  Limited Seating

Monday, January 30  1:00pm  Stow Senior Center

Three Way Chili Luncheon

Program Partner: The Gables of Hudson

Some like it hot and some like it mild but everyone enjoys chili. Come in from the cold… and sample three different bowls of tasty chili. Chili can be made in a variety of ways, each tasting different and delicious. Sample all three chili’s while joining us for a festive meal including cornbread and beverage.

Find the one you like best as you warm up a cold winter’s day. You be the judge as Chef John of The Gables of Hudson gives us his best three! We will also have a few amusing competitions for fun and prizes to add to the festivity.

Friday, February 3  12:00pm  Stow Senior Center

Pre-register - Fee: $8.00  Don’t Delay - Limited Seating - Register Early!

All Registrations take place at Stow Parks & Recreation Dept. at Stow City Hall

Spring Clean Up Outdoor Chore Service

Stow Munroe Falls High School  Student Council members provide assistance with outdoor cleaning for senior adults.

Program Requirements:
Stow / Munroe Falls residents only  65+ years of age
Work group: 3 students + adult supervisor for 1 hour per home.

Outdoor Service projects may include:
Flower Bed prep/clean up / Patio furniture moved / Flower pots filled / General outdoor clean up

Residents must provide all necessary cleaning supplies & tools; plus remain home during service time.

Program Date:  Tuesday, April 25
Morning 9am-11am  or  Afternoon 12:30am-2:30am

Program Registration begins: Weds., March 15
at Stow Parks & Recreation Department at City Hall
Wheel of Fortune

Program Partner: Visiting Angels Living Assistance Services

This annual event tests your puzzle solving skills! Spin the Wheel, buy a vowel or solve the puzzle. Prizes awarded to all puzzle solving contestants in our version of this popular game show! Contestants will be drawn from audience members who will compete at the Big Wheel for fun & prizes!

Luncheon Menu: Rotisserie Chicken, Scalloped Potatoes, Green Beans, Red Velvet Cake, Beverage

Friday, March 10 12:30PM Silver Springs Lodge
Fee: $9.00 Pre Register - Limited Seating

Mah Jongg Lessons

This popular rummy-like game is played with tiles rather than cards. Originating in China; Mah Jongg has become very popular in many parts of the U.S. Learn the principles of this social game in a relaxed format.

This 4 week class teaches the rules with ample opportunity to practice and play with others new to the game.

Mondays: March 6, 13, 20, 27 (4 weeks)
1:00pm - 3:00pm Stow Senior Center
Instructor: Nancy Ellison Fee: $18
Pre-Register: Stow Parks & Recreation Department
All Adult Ages welcome! Limited Enrollment

AARP Driver Safety Program

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day.

Even the most experienced drivers can benefit from understanding the rules of the road and how aging can effect your driving skills. Learn techniques on how you can safely operate your vehicle in an increasingly challenging environment. Plus many insurance companies will give a discount with completion of course. Video instruction & discussion only.

Friday, March 3 9:00am-1:00pm
Pre-Register Limited Seating - Register Early!
Call Stow Parks & Recreation to pre-register
Fee: AARP members $15 Non-Members $20 Payment at class with Check to AARP

Breakfast Buddies

This senior group visits a local restaurant to enjoy good conversation and a tasty breakfast!

Meet the group leader at the restaurant then order & pay off menu.

Pre-registration is required
Please Call 330-689-5100 for a seat reservation.

Third Friday of Month 9:00am
January 20 Café in Stow Stow
February 17 Hudson’s Hudson
March 17 Garrett’s Mill Stow

Travel Lunch Bunch

Join us as we travel out of town each month to a new restaurant. Never eat alone, worry about traffic, directions or finding a place to park!

Pay your bus fare at registration. Order & pay off menu day of trip.

Departure Time 10:30am
from Stow City Hall Parking Lot
Park near center of lot
Bus Fare: $10 / trip Limited Seating - Register Early!

Main Street Grille North Canton
Mon., January 9 or Weds., January 11

Bahama Breeze Beechwood
Mon., February 13 or Weds., February 15

Samantha’s North Canton
Mon., March 20 or Weds., March 22

Popcorn Movie Dinner & A Movie

Why sit home watching TV when you can view a recent movie + have dinner in the company of friends at the Stow Senior Center.

* Dinner is planned & prepared by Stow Munroe Falls High School Culinary Arts students from Joshua’s Café. Dinner is Pot Luck Call for title of movie at registration.

Monday, January 23 4:30 pm
Fee: $7.00 includes dinner at Stow Senior Center
Pre-Registration is required.
Sports & Fitness Programs
On-Going Programs & Classes for Active Senior Adults 60+

Senior Bowling

**Thursdays 9:30am**
Sto Kent Entertainment Center
3870 Fishcreek Rd Stow
330-673-1718
Fee: $7.00 / 3 games

New Players & Subs Welcome
League Coordinator: Jack Gamer

Brain Fitness
Games & Puzzles
Program Partner:
Stow Glen Retirement Village

First & Third Thursdays
1:00pm
Drop In Stow Senior Center
No Fee

Emphasis is always on Fun! Join this entertaining and thought provoking workout to maintain your brain! Those who engage in stimulating mental activities and social interaction benefit in retaining mental cognition plus enjoy a healthy outlook on life!

First Thursdays - Puzzle Play with Bob Pontius - Stow Glen Retirement Village
Third Thursdays - Game Play with Kathy McConnell - Stow Parks & Recreation

Indoor Walking

Enjoy the healthy benefit of walking without the worry of weather!
Thank you to our friends at:
**Fishcreek First Church of Nazarene**
4669 Fishcreek Road
Monday-Thursday 9:00am-11:30am

Sr. Cardio Circuit

**Tuesdays / 9:15am** Judy Watkins
Aerobic intervals designed to burn fat are alternated with the use of weight/bands in order to sculpt and strengthen. This is a proven combination to sculpt & strengthen. Classes are designed to fit the beginner to the advanced student.

Individuals new to fitness programs are encouraged to come and observe a class at no cost.

Senior Yoga Stretch

**Thursdays 9:15am** Anne Sarafian
Yoga like exercises to increase your mobility, strength and balance. Exercise while seated or standing near chair - no floor work.

Strength & Tone

**Thursdays 10:15am** Anne Sarafian
Use of small hand weights & tubing as you work out to music. Designed to promote muscle strength, increase flexibility, balance & range of motion both seated or standing.

All exercise classes are very friendly and social.

Seated Yoga

**Tuesdays 10:15 am** Judy Watkins
Yoga exercises while seated in chair - no floor work.
Increase strength and flexibility.

Beginner Line Dancing

Beginner’s Line Dancing is a great way to exercise, build a better memory and have an enjoyable social time. Join instructor, Linda Christian as she shows you “step-by-step” how to line dance in this fun class.

Learn the Electric Slide, Stray Cat Strut, Cab Driver and many more engaging dance routines. Wear shoes that will slide well on a wooden floor.

**Thursdays 3:30pm - 4:30pm**
Stow Senior Center
$3.00 per class paid to instructor (correct change please)

Senior Yoga Stretch

**Thursdays 9:15am** Anne Sarafian
Yoga like exercises to increase your mobility, strength and balance. Exercise while seated or standing near chair - no floor work.

Inclement Weather

If the Stow Munroe Falls City Schools are closed due to Inclement Weather Conditions
Senior programs meeting at the Stow Senior Center will be cancelled for the day.

(Call for status on Bus Trips or special events)
If the schools are on a Delay...
Please call the Parks & Recreation Department before you leave for your morning program to determine if program is cancelled.
330-689-5100

Sr. Fitness Class Fees:
Purchase an Exercise Punch Card: $10.00 for 8 classes or $2/class or Current Silver Sneakers Members May participate at No Cost w/ ID

Senior Fitness Classes Held at Stow Senior Center
Let’s Talk…

Friendly Visitors

A Friendly Visiting Group who stop in at local Assisted Living facilities once a month to initiate a group conversation on a variety of topics! Share memories and smiles with individuals living in senior assistance facilities.

Third Thursday 1:00pm
Group Planning Meeting
New Members Always Welcome! Contact Stow Parks & Recreation

Health Screenings
No Appointment Required - No Fee
at Stow Senior Center
Second Thursday of each month
12:00pm - 1:00pm
Blood Pressure & Glucose Screens
No fasting required. Finger stick
Sponsored by Our Friends at:
Stow Glen Retirement Village

Foot & Nail Care
Everyday Divinity Foot Care
Mon., January 9 9:00am-2:00pm
Stow Senior Center
Toenail trimming & filing + callus reduction performed by a Certified Foot Care Nurse. An assessment of the lower legs & feet will be done as well.
Individual Foot Care Sessions are $28.00 check or cash only.
Please call: Jen Vanek, RN BSN, CFCN, owner/operator of EDNEO, LLC to schedule an appointment call: (216) 956-0293
Home visits are also available.

Dominoes Mexican Train
Come learn to play.
Enjoy good company!
Second & Fourth Tuesdays of each month 12:30 pm
Drop In / No Fee

Senior Bingo
at Stow Senior Center
Second & Fourth Thursdays of each month Games begin at 1 pm
$1 / (3 card) packet for all 10 games
All money taken in is paid out as prizes

Stow Blanketeers
A volunteer group which creates & donates blankets to local charities.
Open to all who enjoy knitting, sewing or crocheting or those who would like to learn!
Donations of Yarn appreciated!
Contact: Margrit 330-677-5511

Oregon Trails Lodge
Second & Fourth Wednesdays 1:00 pm - 3:30pm

Hearing Health
Ascent Audiology & Hearing
Mon., February 20
10:00am - 12:00pm appts.
at Stow Senior Center
Christopher Witten AuD, CCC-A, a local licensed audiologist, will meet with you individually for questions and screen you for any hearing related concerns. Plus if needed, removal of wax build up and inspection and cleaning of hearing aids.
No Fee - Appointment required by calling: Ascent Audiology 330-688-1172

Chair Massage with Sue Petrof, LMT
Licensed Massage Therapist
Massage is credited with reducing pain and allowing deep relaxation.
A chair massage focuses on the neck, shoulders and back only while fully clothed.
Make an appointment $15 for a 15 minute chair massage
No need to kneel on knees.
Second Friday of Month:( January 13 & February 10 )
10:30am -12:30pm by Appt. at the Stow Senior Center
For Appointments Call: Sue Petrof, LMT 330-414-8882
Redmon Funeral Home

PRE-PLANNING • GRIEF SUPPORT
PERSONALIZED VIDEO TRIBUTES
CREMATION SERVICES

Serving Our Communities,
One Family at a Time

www.redmonfuneralhome.com
3633 Darrow Road, Stow, Ohio 44224 • 330-688-6631

Redmon Funeral Home

A Community of Care

www.stowglen.com

330-686-7100
4285 Kent Road • Stow, OH 44224
Book Exchange
Are you looking for a good book to read? Have you read a good book lately and want to share it with someone else? Check out our selection of donated books at the Stow Senior Center. A variety of genres line our bookshelf for you to borrow.

Stow Senior Citizen Commission
Members appointed by the Mayor, advise the city administration on concerns or issues that affect the everyday lives of Stow senior citizens.

Next Meeting:
Tuesday, February 21 7:00pm
Stow Senior Center
If you have an issue / idea on city policies, practices or infrastructure that you feel would benefit the lives of senior adults.

Care & Share
A volunteer craft group who assist local organizations through the creation of stuffed dolls and other handicrafts.

Meet the Last Monday of the following months:
January - April
August - October
1:00 pm - 3:00pm
Stow Senior Center
3968 Darrow Road
New material donations accepted

Senior Services Assistance
Ask a Social Worker!
Many individuals and families struggle with questions about service needs or concerns due to lifestyle changes as they age.
The Stow Senior Center has partnered with Arborst at Stow to provide access to a licensed Social Worker to answer your concerns or direct you to available local or county services.

Questions on:
- In Home Services
- Medicare
- Respite/Hospice Care
- Utility Assistance

Contact: Tracey Cugini
Arbors of Stow 330-688-1188
2910 L’Ermitage Place Stow

Notary Services
No Appointment Required - No Fee
Monday - Friday 8:00am - 4:00pm
at Stow City Hall
Bring all documents & a legal form of identification to have your documents notarized.

The Stow Sunshiners are an active social group of senior adults who invite you to become a member of their group. Enjoy a monthly catered luncheon with entertainment and good fellowship! Stow Sunshiner’s President: Robbie Robinson

Monthly Luncheon
is held the 1st Monday of Month (Holiday, 2nd Mon.)
Stow Sunshiner Membership Information:
Must be a resident of Stow or a contiguous city & have attended two luncheons.

Pay Annual Membership fee of $5.00  Member Fee is used for Monthly Luncheon speakers & entertainment.

Stow Sunshiner Membership & Luncheon Reservations/Ticket Information:
Pre-reservation with payment is required  Luncheon COST: $8.00 to Stow Sunshiners
Mail payment to: 4836 Algonquin Trail, Stow 44224  c/o Marlene Holderman 330-686-1632

Monday, January 2 - 12:00pm
Menu: Shredded Pork w/ BBQ Sauce , Broccoli Rice AuGratin, Glazed Carrots & Black Eyed Peas Dessert & Beverage
Speakers: Deadwood to Oakwood - Don & Eileen Cargould

Monday, February 6 - 12:00pm
Menu: Sliced Turkey, Breast w/ Gravy, Cornbread Stuffing, Mix Blend Veggies, Dessert & Beverage
Speaker: Scams Targeting Senior Adults
Office of Consumer Affairs

Birthday Wishes: If you wish to be eligible for a Birthday gift at the Stow Sunshiners’ Monthly Luncheon
- Follow these steps - * Sunshiner Membership dues are currently paid. $5.00 yearly membership fee
* Place Your Name at the bottom of the previous month’s attendance sheet or
* Call: John Gretsinger 330-688-0052 the Month Prior to Your Birthday month. *No reservations accepted luncheon day.

Thank You to our Sunshiner Luncheon Birthday Gift Sponsors:
- Baumann’s Florist
- Bellacino’s
- Braidy Jewelers
- Café in Stow
- Isaly’s II
- McDonald’s Norton Road
- Oregon Corners Florist
- Red Lobster
- Rockne’s - Stow
- Silver Lake Florist
- Stow Cone
- Stow-Glen Retirement Village
- Stow Nut Donut Diner

The Stow SUNSHINERS want to cheer, lend comfort & support to other Sunshiner members in need.
Please contact Ellie Smith 330-688-7938 to inform her when a Stow Sunshiner member is ill or has suffered a loss.

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<td>12pm Sunshiner Luncheon @ Stow Glen Retirement Village</td>
<td>9:15am Cardio Fit</td>
<td>10:15am Sr Yoga</td>
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<td>9:15am Yoga Stretch</td>
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<td>Foot Care Clinic By Appointment</td>
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<td>Martin Luther King Jr. Day</td>
<td>11:30am Trip: Akron Civic Theatre Tour</td>
<td>9:15am Cardio Fit</td>
<td>10:15am Sr Yoga</td>
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<td>4:30pm Popcorn Movie</td>
<td>9:15am Cardio Fit</td>
<td>10:15am Sr Yoga</td>
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<td>1:00pm Wellness thru the Senses</td>
<td>9:15am Cardio Fit</td>
<td>10:15am Sr Yoga</td>
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<td>1:00pm Care &amp; Share</td>
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Most Programs are held at Stow Senior Center at 3968 Darrow Road
- Program Registrations are taken at Stow City Hall - Stow Parks & Recreation Department 3760 Darrow Road
*SSL = Silver Springs Lodge  5027 Stow Rd  *Bus Trips & Lunch Bunch Depart: Stow City Hall parking lot 3760 Darrow Rd
*OT = Oregon Trails  2913 Graham Rd  *HB = Heritage Barn 5238 Young Rd
*SGRV = Stow Glen Retirement Village 4285 Kent Rd
*SKB  Sto-Kent  *SKB Stow Kent Entertainment Bowling Lanes Fishcreek Rd
# Stow Seniors Activity Calendar

**Stow Parks & Recreation Department 330-689-5100**

- **February 2017**

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<td>11:00am Cards</td>
<td>9:15am Yoga Stretch</td>
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<td>10am Trip: Home &amp; Garden Show</td>
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<td>6:30pm Evening Cards</td>
<td>11:00am Cards</td>
<td>1:00pm Blanketeers @OT</td>
<td>12pm Health Screens</td>
<td>1:00pm Bingo</td>
<td>3:30pm Line Dance</td>
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<td>7:00pm Sr. Commission</td>
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<td>1:00pm Friendly Visitors</td>
<td>3:30pm Line Dance</td>
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<tbody>
<tr>
<td></td>
<td></td>
<td>9:15am Cardio Fit</td>
<td>10:15am Sr Yoga</td>
<td>12:30pm Mah Jongg</td>
<td>9:00am Trip:</td>
<td>9:15am Yoga Stretch</td>
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<td>12:30pm Mah Jongg</td>
<td>7:00pm</td>
<td>9:15am Yoga Stretch</td>
<td>9:30am Bowling @SKB</td>
<td>9:30am Bowling @SKB</td>
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<td></td>
<td></td>
<td>11:00am Cards</td>
<td>1:00pm</td>
<td>10:15am Sr Strength</td>
<td>10:15am Sr Strength</td>
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<td></td>
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<td>1:00pm Blanketeers @OT</td>
<td>1:00pm Bingo</td>
<td>1:00pm Bingo</td>
<td>3:30pm Line Dance</td>
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<td></td>
<td>7:00pm Sr. Commission</td>
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<tr>
<th>26</th>
<th>27</th>
<th>28</th>
<th>March 3</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>9:15am Cardio Fit</td>
<td>9:00am AARP Driver Safety Class</td>
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<tr>
<td></td>
<td></td>
<td>10:15am Sr Yoga</td>
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<tr>
<td></td>
<td></td>
<td>12:30pm Dominoes</td>
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</tbody>
</table>

Most Programs are held at Stow Senior Center at 3968 Darrow Road
- Program Registrations are taken at Stow City Hall - Stow Parks & Recreation Department 3760 Darrow Road

*SSL = Silver Springs Lodge 5027 Stow Rd
*OT = Oregon Trails 2913 Graham Rd
*HB = Heritage Barn 5238 Young Rd
*SGRV = Stow Glen Retirement Village 4285 Kent Rd
*SKB = Sto-Kent *SKB Sto Kent Entertainment Bowling Lanes Fishcreek Rd
A cultural landmark, for 75 years Akron Civic Theatre has a rich and spectacular history. Built in 1929 it is one of the few remaining “atmospheric theatres” in the country. Design features of a Moorish castle with Mediterranean décor, the theatre has had a $19 million facelift. (stairs) Lunch stop at Baxter’s additional.

Date: Tues., January 17 Fee $12.00
Depart: 11:30am Return: 4:30pm

Wine & Dine: Dover & Zoar
Our popular wine & dine trips are a great way to sample wines and enjoy a new restaurant. Tuscarawas County wineries: Silver Moon Winery for six tastings + souvenir glass and then on to Swiss Heritage Winery + Broad Run Cheese House. Dinner at the Canal Tavern in Zoar (additional). (stairs)

Date: Thurs. January 26 Fee $21.00
Depart: 1:00pm Return: 7:00pm

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The History of the White House
A an eternal classic of the Broadway stage; The King & I tells the story of Anna, a British schoolteacher, hired by the King of Siam to teach his many wives and children in 1860’s Bangkok. She attempts to westernize the family with mixed results. Filled with memorable songs and soaring dance numbers. You will be stunned at the beauty of this timeless musical.

Date: Sun., February 26 Fee $68.00
Depart: 11:30am Return: 4:00pm

Bus Trips are open to all ages. Children under 18 must be accompanied by an adult. Pre-registration is required & full payment is due upon registration. No Holds. No credits or refunds are issued within 7 days of a program or trip due to change in personal schedule, illness or schedule conflict. Refund requests may be granted if made in writing at least seven days prior to a trip or program only if no expenses/ticket purchases have occurred. A $5 processing fee is applied to all refunds made seven days prior to program. Individuals may always find a replacement for their reservation if unable to attend - Please inform the office of name change. A full refund is given if the Stow Parks & Recreation Department must cancel a trip due to low enrollment or unforeseen circumstances.

Program / Refund Policy: Stow Parks & Recreation Department

Special Assistance: Please let us know at registration if wheelchair seating is required. Bus departs - Stow City Hall 3760 Darrow Road unless otherwise noted. Return times are approximate, please allow for additional time. Trips include transportation and admissions (meals are not included unless noted).
**Stow Senior Programs** are coordinated by the Stow Parks & Recreation Department and are open to active Senior Adults 55+. Pick a program that interests you & jump in!

Call Stow Parks & Recreation Department at: 330-689-5100 to be added to the **Stow Senior Newsletter** mailing list. Additional program flyers and bus trips are posted on the **Stow Parks & Recreation website at: www.FunInStow.com**

Look under: Senior Adult Programs

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### Program Cancellations

Don't delay in registering for a program or trip. Some programs fill quickly or minimum numbers must be met in order to hold an activity. If the Stow Parks & Recreation Department must cancel a program due to low numbers you will receive a full refund of program fees.

If you must cancel your registration due to any reason including illness, appointments or change of personal plans...

If requested in writing at least 7 days prior to the program you will be granted a full credit (only if no tickets/supplies have yet been purchased) or a refund by check less a $5 processing fee.

Any cancellations within 7 days of the activity **Do Not** receive credit or refund. You may always allow someone to take your place in the program.